

Mental Health Rocks

Bingo

As activities are drawn, mark them off if you were able to complete them this month!

Drink Water	Walk	Call a Friend	Journal	Stretch
Deep Breathing	Music	Clean space	Go Outside	Affirmations
Shower	Read	FREE	Limit Screen	Meditate
Healthy Snacks	Gratitude	Sleep	Laugh	Rest
Write Goals	Declutter	Funny Video	Posture	Smile

Mental Health Rocks

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As activities are drawn, mark them off if you were able to complete them this month!

Meditate	Tea	Text Someone	Outside	Journal
Stretch	Gratitude	Clean Desk	Read	Deep Breathing
Healthy Snacks	Music Break	FREE	Nap	Laugh
Limit socials	Shower	Affirmations	Walk	Organize
Drink Water	Movie	Feelings check	Rest	Plan tomorrow

Mental Health Rocks

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As activities are drawn, mark them off if you were able to complete them this month!

Walking	More Water	Journaling	Call Family	Stretch
Clean Room	Meditate	Fruit	Smile	eat veggies
Gratitude	Deep breathing	FREE	Nap	music
Long shower	Limit phone	Read	affirmations	rest
Organize	Outside time	Laugh	Tea	Reflect

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As activities are drawn, mark them off if you were able to complete them this month!

Water	Yoga	Journal	text a friend	Fresh air
Gratitude	Clean your space	Read	Music	deep breathing
Nap	Affirmations	FREE	walking	healthy meal
laughing	screen limits	reflection	rest	organize
tea	Smile	Stretch	plan your day	shower

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As activities are drawn, mark them off if you were able to complete them this month!

Take a walk	Tea	journaling	call someone	stretch
clean	Gratitude	music	nap	deep breathing
healthy snacks	read	affirmations	limit social media	podcast
rest	reflect	organize	tea	smile
fresh air	sunshine	relax	more water	sleep

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As activities are drawn, mark them off if you were able to complete them this month!

Journal	take a walk	running	sunshine on your face	call a friend
gratitude	clean desk	read	music	deep breathing
Healthy snacks	long shower	FREE	bubble bath	Affirmations
laugh	rest	reflect	organize	tea
smile	movie night	fresh air	plan a trip	relax

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As activities are drawn, mark them off if you were able to complete them this month!

Meditate	nature walk	journaling	stretching	yoga
room clean	Gratitude	music	nap	Deep breathing
healthy snacks	veggies	FREE	fruit	limit socials
laugh	rest	reflect	organize	tea
smile	fresh air	plan a day	relax	more water

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As activities are drawn, mark them off if you were able to complete them this month!

Walk	tea	journaling	less caffeine	stretch
call a friend	spend time with family	read	healthy snacks	nap
limit socials	laugh	FREE	rest	meditate
reflect	organize	more water	smile	movie night
fresh air	affirmations	yoga	limit screen time	sunshine

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As activities are drawn, mark them off if you were able to complete them this month!

Meditate	more water	walk	journal	stretch
gratitude	clean home	new music	nap	deep breath
healthy snacks	read	FREE	affirmations	long shower
limit socials	laugh	rest	reflect	organize
tea	smile	fresh air	nature walk	relax

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As activities are drawn, mark them off if you were able to complete them this month!

journal	walk	more water	stretch	yoga
call friends	color	podcast	cook a meal	deep breathe
laugh	organize	FREE	hang with friends	see family
aromatherapy	watch favorite show	see a movie	limit social media	barefoot outside
dance	sing in the car	music	mindful eating	gratitude

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Dance	journal	walk in nature	plant something	clean your space
open windows	fresh air	stretch	call friends	laugh
cook	deep breathing	FREE	organize	donate unused items
rest	reflect	tea	more fruit	hydrate
less caffeine	plan a daytrip	gratitude	nap	read

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write a letter	take a walk	hydrate	stretch	mindful eating
call family	meditate	read	smile	relax
nap	affirmations	FREE	limit screentime	more sunshine
organize	donate unused items	spend time alone	yoga	cook a meal
garden	self compassion	fresh air	hydrate	walk

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As activities are drawn, mark them off if you were able to complete them this month!

Digital detox	walk	hydrate	swim	call friends
positive self talk	gratitude	massage	laugh	rest
emotional check in	organize spaces	FREE	nap	smile
fresh air	deep breathing	healthy snacks	less caffeine	barefoot outside
see a movie	watch the sunrise	tea	plan a trip	mindful eating

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As activities are drawn, mark them off if you were able to complete them this month!

Watch a sunset	take a drive	nature walk	stretch	grounding
gratitude	make your bed	massage	smoothie	healthy snacks
deep breathing	read	FREE	affirmations	limit screen time
be outdoors	plant something	rest	organize	tea
smile	laugh	nap	journal	fresh air

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As activities are drawn, mark them off if you were able to complete them this month!

donate unused items	clean your space	journal	dance	sleep
stretch	yoga	hydrate	eat healthy snacks	more veggies
grounding	organize	FREE	fresh air	less caffeine
reflect	meditate	see a movie	watch your favorite show	cook
walk	sunshine	plan a day	yard sale	give grace

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As activities are drawn, mark them off if you were able to complete them this month!

declutter phone	walk	hydrate	stretch	call friends
pet an animal	barefoot outdoors	plant something	read	journal
more fruit	smoothies	FREE	laugh	reflect
tea	journal	limit socials	affirmations	positive self talk
be active	connect with friends	see a movie	meditate	more veggies

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Gratitude text	walk	hydrate	stretch	call friends
see family	plan a day	aromatherapy	massage	pedicure
cold plunge	relax shoulders	FREE	deep breathing	affirmations
limit socials	watch your favorite show	organize	declutter phone	finances in check
relax	reflect	sunshine	walk	laugh

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As activities are drawn, mark them off if you were able to complete them this month!

listen to calm sounds	walk	hydrate	stretch	journal
write down your wins	gratitude	scrapbook	draw	color
dance	cook	FREE	tea	organize
donate unused items	fresh air	sunshine	go for a drive	see a movie
deep breathing	reflect	give grace	limit screen time	new playlist

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set boundaries	walk	hydrate	stretch	do nothing guilt free
celebrate your wins	nature	journal	dance	sing in the car
bubble bath	rest	FREE	relax	yoga
hike	gratitude	music	concert	mindful eating
less caffeine	connect with friends	fresh air	organize	clean your space

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hydrate	less caffeine	nature walk	barefoot outdoors	fresh air
sunshine	journal	read	reflect	rest
nap	laugh	FREE	mindful eating	meditate
watch funny videos	see a movie	call a friend	stretch	affirmations
positive self talk	cook	wash your car	hydrate	rest